

Are you looking for health and wellness information to help you and your family live healthier lives? So many of us as parents or guardians wish we had more simple, delicious recipes and make-at-home meal ideas that would inspire even our pickiest eaters to discover new foods—and to help all of our children actually learn to love eating healthy!

That's why I'm so excited to announce that our dining services partner is bringing us a new resource to help all of the families in our school district feed their potential and lead healthier lives every day.

Feed Your Potential 365™ is an easy and totally free new way for all of us to get healthy cooking ideas and simple make-at-home recipes from experienced chefs, to receive practical nutrition news and tips from knowledgeable dietitian nutritionists, and to learn from the most trusted experts from organizations like the American Heart Association.

How to participate:

Taking advantage of this new health and wellness resource is easy:

1. Just visit www.FYP365.com
2. Click on 'join' and enter your e-mail address

That's it! There's no cost or fees involved, and no commitments!

What you'll get:

Once you've signed up at www.FYP365.com, you'll receive:

- An e-mail each week with cooking tips and nutrition news you can use
- Access to the latest make-at-home recipes, meal and snack ideas
- Ability to get recipes sized just for your family (big or small)

Who's eligible to join?

All parents, guardians, faculty, staff and employees in our school system are invited to participate.

Our dining services partner Aramark is providing this resource as part of their Healthy for Life® 20 By 20 initiative with the American Heart Association. Aramark is working with us to create healthy foods for our children every day at school, and now they're also sharing ideas to help everyone enjoy delicious, healthy foods at home.

I'm really pleased to tell you about this new resource – I've already signed up and hope that you'll join me.